Mom/Dad & Me Swim Lessons FAQ's

Q. What are the ages of the children in this class?

A. This class is open to children 6-36 months, plus a parent/guardian.

Q. Do I get in the water with my child?

A. Yes, one adult over the age of 16 accompanies the child into the water. Consistency is preferred to develop trust and experience.

Q. What should my child wear?

A. We ask that all participants are dressed in a swim suit. Non-potty trained children should also wear a REUSABLE swim diaper (preferably two) under their swim suit. These swim diapers are washable and cinch tightly at the waist and leg openings preventing leaks into the pool water. You may purchase them at most stores.

Q. Are changing rooms provided on-site?

A. Yes. We have large restrooms for each gender, as well as a family restroom. Please do not change your child on the deck.

Q. What if my child cries most of the class?

A. We encourage you to keep them in the water if at all possible. You may pull away from group, using the designated free play areas. Once calm, we ask that your child transition back into the class.

Q. Does each session teach the same skills?

A. Yes. However, as you and your child gain confidence, new skills will be introduced so advancement continues.

Q. Will I dunk my child underwater?

A. No. Our instructors teach parents how to correctly submerge a child using verbal and physical cues, ensuring a positive experience.

Parent/Guardian Guidelines:

- Arrive early to the facility as to ensure time to use the restroom, change, apply sunscreen, etc. Please wait for your instructor's signal before entering the water.
- Use the reusable swim diapers available at Toys R Us, Walmart, Target, etc.
- Do not bring other children to sit and observe.
- Inflatable objects are not allowed during class time. Please leave them at home.

Class Objectives:

- To build water confidence for both the parent/guardian and the child.
- Provide a wide variety of water activities, allowing the parents to explore the water in an enjoyable and safe manner with their children.
- Provide guidelines for developing correct body position and movement skills.

We do not offer make-up classes. Due to the nature of the learning environment, we find it disruptive to have children in and out of new groups and with different instructors, as well as its impact on our teacher-to-student ratio.

Hurst Recreation ~ 700 Mary Drive, Hurst, TX 76053 ~ 817.788.7325 ~ www.hursttx.gov/aquatics ~ facebook.com/hurstrecreation